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The importance of fluid balance in clinical practice

NS453 Scales K, Pilsworth J (2008) The importance of fluid balance in clinical practice. *Nursing Standard*. 22, 47, 50-57. Date of acceptance: June 12 2008.

Summary

This article reviews the physiology that underpins normal fluid balance and discusses how fluid balance can be affected by illness. Clinical assessment of hydration and the importance of fluid balance record keeping are explained. Recommendations are made to improve fluid balance management in clinical practice and the professional importance of record keeping is highlighted.

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Keywords

Fluid and electrolyte balance; Hydration; Record keeping

These keywords are based on the subject headings from the British Nursing Index. This article has been subject to double-blind review. For author and research article guidelines visit the *Nursing Standard* home page at www.nursing-standard.co.uk. For related articles visit our online archive and search using the keywords.

Aims and intended learning outcomes

This article aims to improve nurses' understanding of the normal mechanisms that control fluid balance and how fluid balance is affected by illness. A comprehensive hydration assessment is described and the importance of accurate fluid balance records is explained. Recommendations are made to improve the clinical management of fluid balance. After reading this article and completing the Time out activities you should be able to:

- Discuss the normal physiology of body water, including fluid compartments and the

movement of water and electrolytes between compartments, normal fluid balance and maintenance of blood volume.

- Explain how illness can affect fluid balance and identify patients who will be vulnerable to disturbance of their fluid balance.
- Complete a comprehensive hydration assessment.
- Complete a fluid balance chart accurately, recognising when fluid intake or urine output is abnormal, and formulate a plan to resolve this.
- Reflect on your practice, identifying areas for development in relation to fluid balance documentation and demonstrating insight into the professional importance of fluid balance records.

Introduction

Maintenance of an adequate fluid balance is vital to health. Inadequate fluid intake or excessive fluid loss can lead to dehydration, which in turn can affect cardiac and renal function and electrolyte management. Inadequate urine production can lead to volume overload, renal failure and electrolyte toxicity. Attention to fluid intake and output, and careful completion of fluid balance charts, are important elements of nursing practice. Poor fluid balance management and poor record keeping have been identified as contributing factors to the poor outcome of some acutely unwell hospital patients (National Confidential Enquiry into Perioperative Deaths (NCEPOD) 1999, Healthcare Commission 2006, National Institute for Health and Clinical Excellence (NICE) 2007, National Patient Safety Agency (NPSA) 2007).

Moyers Fluid Balance A Clinical Manual

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